

I know you're anxious to get your permits and get started.

我知道你们急于拿到你们的许可然后开始。

But there're just a few things I'd like to mention that might help you avoid trouble during your stay.

但有些事情我想提一提，有可能帮助你们在停留期间避开麻烦。

First of all, make sure you carry adequate water.

首先，一定要带足够的水。

You'll need it if you're hiking, especially in this heat.

如果你们徒步的话，你们将需要它，尤其在这种炎热的天气。

A good rule of thumb is to bring one gallon per person per day this time of year.

好的做法是在每年的这个时候，每人每天要带一加仑水

Don't try to rely on the park's natural springs to supply all your water needs.

不要试图依靠公园的天然泉水来提供你所有的水的需求。

And please, do not use soap in the springs.

并且请不要在泉水中使用肥皂。

It's your responsibility to protect the park's natural features.

保护公园的自然风貌是你们的责任。

For those of you staying beyond the weekend, make sure that you set up camp well away from dry creek beds.

对于你们这些想留下度过周末的，你们扎的帐篷一定要远离干燥的河床。

We may get some heavy rainfall, and those creek beds could quickly become filled with water, and you and all your equipment might end up washed downstream.

我们可能会遇到大雨，然后这些小河床会迅速成为充满水，然后你和你的装备可能最终会被冲到下游去。

When you pick up your permits, you'll also get a park services booklet.

当你拿到你的许可证时，你将另外得到一本公园服务手册。

It'll tell you everything you need to know about the hiking trails.

上面会告诉你所有你需要知道的关于徒步旅行的路线。

They vary in length, of course, but most of them are under five miles—relatively easy day hikes.

当然了，它们在长度上有所不同，但它们中的大多数是在五英里以下——相对容易的白日徒步路线。

Remember, if you're hiking solo, make sure you let someone know you're going and when they can expect you back.

记住，如果你是单人徒步，你一定要让别人知道你走了，并且他们能预期你

什么时候回来。

And . . . uh, for your own safety, we recommend that you not climb rock faces.

还有.....呃，为了你们自身的安全，我们建议你们不要爬岩壁

A lot of the rock throughout the park is very unstable.

公园里遍地都是的岩石很多都非常不稳定。

One final word: watch out for poisonous snakes. Rattlesnake activity is at its peak this time of year, especially at night.

最后一句：小心毒蛇。每年的这个时候是响尾蛇活动的高峰，尤其是在晚上。

For your own good, we recommend wearing protective clothing and carry a flashlight after dark.

为了你们自己好，我们建议穿防护衣，天黑之后要带手电筒。